

Instructional Field Hockey Program

The Bridgewater Recreation Department along with Soccer Centers and Bridgewater-Raritan High School Assistant Varsity Field Hockey Coach Donna Russo will be hosting a girl's field hockey program for girls in grades 5th to 8th (2004-2005 school year).

The **5th and 6th Grade Program** offers a grass roots skill instruction program designed to enable the young field hockey player to be exposed to learning the basic fundamentals and then building upon them. The players will participate in both small and large skill groups learning situations and drill reinforcement. Positive skill competitions will enhance players' team spirit, self-motivation, and sense of accomplishment. The program will lead up to playing modified "beginner" versions of the actual game.

The **7th and 8th Grade Program** provides fundamental skill training with more advanced versions for the intermediate school field hockey player to build upon. The program will also include skill level assessment, enabling the players to improve and learn at their own speed. A 5v5 team round robin competition will culminate the program.

Session #1 – Tuesdays, November 2, 9, 16, 23, 30, December 7, 14 and 21, 2004.

Session #2 – Tuesdays, January 4, 11, 18, 25, February 1, 8, 15 and 22, 2005.

Session #3 – Tuesdays, March 1, 8, 15, 22, April 5, 12, 19, 26, 2005.

Session #4 – Tuesdays, May 2, 10, 17, 24, 31, June 7, 14, 21, 2005.



All session times are 5:00pm to 6:00pm. Participants are required to bring their own field hockey stick, mouth guard and shin guards. Cost \$110.00 for Bridgewater Residents and \$130.00 for out of town residents, payable to "Soccer Centers".

Space is limited; registration is based on first come first serve at the Bridgewater Recreation Department.

Three ways to register! In person at the Bridgewater Recreation Department (Municipal Building – 700 Garretson Road) 9am to 5pm Monday to Friday, drop registration off in the "REC" mailbox located around back of Municipal Building before or after office hours, or via postal service.

Bridgewater Recreation Department P.O. Box 6300/700 Garretson Road – Bridgewater, NJ 08807 (908) 725-6373 office hours 9am to 5pm Monday to Friday www.bridgewaternj.gov

Instructional Field Hockey Program

- ☐ \$110.00 Bridgewater Residents
☐ \$130.00 Out of Town Residents
checks payable to "Soccer Centers"

Last Name: _____		First Name: _____	
Mailing Address: _____		Town: _____ Zip: _____	
Home Phone #: () _____		Parent Work #: () _____	
Parent Cell #: () _____		Parent E-mail Address: _____	
Current Grade as of September 2004:		Circle Session:	
5 6 7 8		Session #1 Session #2 Session #3 Session #4	

Please note that Bridgewater Township Recreation Department does not provide individual medical coverage for its participants. Each participant will be covered under his/her family's medical policy. It is recommended that families have insurance before the child participates. The Recreation Department reserves the right to cancel, alter, supplement, limit registration or change any other information.



Parent/Guardian Signature

_____/_____/_____
Date